



Going dairy-free

A guide for children aged 1-10 years



This booklet is your guide to help make avoiding milk and dairy products in your child's diet as easy as possible. It is aimed at children aged 1-10 years.

The information will help ensure your child has a dairy-free healthy balanced diet; getting all the nutrients they need for growth and development whilst ensuring their diet is varied, enjoyable and tasty.

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1. Cow's milk allergy or lactose intolerance?

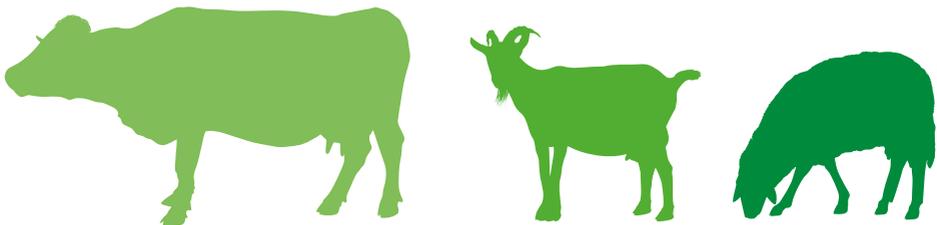
Cow's milk allergy and lactose intolerance are two very different conditions, both of which can be easily managed by following a dairy-free diet.

What is cow's milk allergy?

- Cow's milk protein allergy is caused by an allergic reaction to the protein in cow's milk. The body's immune system overreacts to the usually harmless protein found in milk and dairy foods.
- It usually requires a completely milk and dairy-free diet, which should be undertaken with guidance from a specialist doctor and dietitian.
- Some children also need to avoid soya, as they experience similar reactions as cow's milk. Your health professional will be able to advise you.

What is lactose intolerance?

- Lactose is a naturally occurring sugar found in all animal milks (e.g. cow's milk, goat's milk, sheep's milk, buffalo milk) and the dairy products made from them – cheese, cream, yogurt etc.
- In the gut, lactose is broken down by an enzyme called lactase.
- Children suffering from lactose intolerance, lack or do not produce enough lactase. This means that undigested lactose remains in the gut, which causes diarrhoea, tummy discomfort and bloating.
- Lactose intolerance in children is rare; however, some children can experience temporary lactose intolerance after a severe stomach bug.



Who?

- Between 2-6% of infants in the UK are allergic to cow's milk.
- The great news is that many children start to outgrow a milk allergy in the first few years of life. For others, symptoms can persist into older childhood and teenage years.
- Before considering re-introducing milk back into the diet, discuss this with your healthcare professional.

If you suspect your child suffers from cow's milk protein allergy or lactose intolerance, seek the advice of a healthcare professional and a referral to a specialist doctor and Registered Dietitian to help get an accurate diagnosis and most appropriate advice.

What is a dairy-free diet?

Both cow's milk allergy and lactose intolerance are managed by avoiding milk and dairy products:

- Cow's, goat's, sheep's and other animal milks
- Dairy yogurts
- Butter / margarine
- All dairy creams
- Cheese
- Dairy custard and desserts

There are also many processed foods which contain milk as an ingredient, such as some cakes, biscuits etc., that will need to be avoided.



How do I make sure my child gets everything they need from their diet?

- Milk and dairy provide a number of important nutrients needed for healthy growth and development such as calcium, vitamin B2 and vitamin B12.
- Milk and dairy are also an important source of fat, protein and energy, particularly in toddlers and pre-school aged children. Therefore, when moving onto a dairy-free diet it is essential that these nutrients are replaced from other non-dairy food sources.

Fortunately, these nutrients can be easily obtained through offering your child a varied and balanced diet, and by replacing the foods they need to avoid with suitable dairy-free alternatives.

2. Finding a suitable milk alternative drink

Infants are clearly dependent on breast milk or formula for the majority of their nutrients. As a child gets older and their food intake increases, milk, whilst still important, plays less of a central role.

MAIN MILK
UP TO
1 YEAR

Breastfeeding is best. For babies who are not breastfed but need to avoid milk, hypoallergenic formulas and soya formulas (**for babies who are able to tolerate soya**) are used to replace cow's milk formulas.

WEANING
FROM
6 MONTHS

Calcium and vitamin-fortified plant-based drinks e.g. almond*, oat and coconut, can be used in cooking for most babies over 6 months, but not as a main drink. For babies who are able to tolerate soya, soya alternatives to milk can also be used in cooking.

MAIN MILK
FROM
1 YEAR

For those children who are growing, eating well and who tolerate soya, it may now be possible to use an enriched soya alternative to milk (Alpro Soya +1) as their main milk drink. Ask your health professional's advice to see when your child is ready to move onto a shop-bought alternative to milk.

- For children who need to avoid soya or who's diets are very restricted, hypoallergenic formula will continue to be used until 2 years of age, after which they can usually move onto a plant-based alternative drink e.g. soya, oat, coconut or almond* based drink.

Alpro Soya +1 differs from other standard soya drinks as it provides more nutrients and for 1-3 year olds:

- **Over half their vitamin D needs#**
- **All of their vitamin B12 and C needs#**
- **88% of their riboflavin (vitamin B2) requirements#**
- **Over 75% iodine, calcium and iron requirements#**



SCHOOL AGE
CHILDREN
4-10 YEARS

Most children will now be using a fortified soya alternative to milk or a calcium enriched plant-based drink such as almond*, coconut, rice** or oat drinks as their dairy-free alternative.

- Those on very restricted diets or whose growth is a concern may still require a prescribed hypoallergenic formula. Discuss this with your healthcare professional if you are unsure which alternative to cow's milk your child should be having.

Other dairy milks, such as goat's, sheep's or buffalo, are not suitable for children with a milk allergy or lactose intolerance as they are too similar to cow's milk.

* Nuts: some children may need to avoid nuts, therefore consult your health professional before introducing nuts to the diet

** Rice milk is not recommended in children under 4½ years

UK department of health recommended intakes for children aged 1-3

3. Dairy-free alternatives

Cutting out milk and dairy does not mean sacrificing taste, texture or variety. See the table opposite for foods that need to be avoided and ideas for suitable alternatives. Additional and more detailed dairy swaps can be found on page 16.



replace this...

... with this!

Cow's, goat's, sheep's and other animal milks	Alpro Soya +1 Other Alpro soya alternatives to milk Alpro Almond*, Coconut, Oat, Rice** drinks
Dairy yogurts	Alpro soya alternatives to yogurt
Butter / margarine	Pure vegetable margarines or oils
Dairy single cream	Alpro soya or coconut-based alternatives to cream
Cheese	Cheese alternatives based on soya, rice, nuts* or coconut cheeses – check the ingredients list
Dairy custard and desserts	Alpro Vanilla Custard or desserts – caramel, chocolate or vanilla Milk-free custard powder (check the ingredients list) made with a plant-based drink
Cakes and biscuits containing dairy products	Dairy-free varieties: many sweet biscuits especially plain value varieties – always check the ingredients list

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4. Getting enough calcium

- Calcium, as part of healthy diet and lifestyle, is an essential mineral for building and maintaining strong bones and teeth.
- Calcium is found in many foods, but the main source of calcium in our diet is milk and dairy foods.
- The amount of calcium your child needs varies depending on their age.

Using recommended daily calcium points

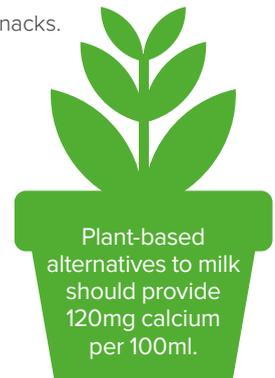
Use the table below to find out your child's daily calcium requirement. Then use the table on the right to calculate how you can meet their requirement from dairy-free food and drink.

How much calcium does your child need every day?

Age of child	UK Dept. of Health daily calcium requirement	Recommended daily calcium points
1 - 3 years	350mg	6
4 - 6 years	450mg	7.5
7 - 10 years	550mg	9

Calcium tips

- When choosing plant-based dairy alternatives always go for the calcium-fortified varieties. Many organic plant-based milk alternatives are not fortified; therefore, it is important to always check the nutrition labels.
- Start the day with a bowl of calcium-fortified cereal e.g. Ready Brek, Cheerio's.
- Try calcium-fortified soya alternatives to yogurts for desserts or snacks.
- Try switching to a calcium-fortified bread e.g. Best of Both, half & half breads.
- Use tinned sardines / pilchards (with bones) as a sandwich filling, on toast, or mixed with pasta or rice.
- Other non-dairy calcium containing foods include tofu, almonds*, fortified fruit juice, white bread, nut spreads* and sesame seeds.
- It is best for your child to get their calcium from food and drink sources, however, if they are unable to do so speak to your healthcare professional about the use of a calcium supplement.



Dairy-free calcium foods

Dairy-free food / drink	Serving size	Calcium points
Ready Brek and other similar supermarket own brands fortified with calcium e.g. hot oat cereal / Ready Oats	30g serving (cereal only)	6.5
	for small children - 20g serving (cereal only)	4
Calcium-fortified plant-based alternatives to milk: Alpro Soya +1 or almond*, coconut, rice**, oat, hemp, spelt and cashew* drinks	child's beaker / 200ml	4
	for small children - a small glass / 125ml	2.5
Plant-based shakes: Alpro soya shakes – strawberry, vanilla, chocolate	200ml carton	4
	for small children - ½ a 200ml carton	2
Calcium-fortified breakfast cereals. Check the label as few have added calcium e.g. Cheerios, Curiously Cinnamon	30g serving (cereal only)	2.5
	Small 20g serving (cereal only)	1.5
Calcium-fortified plant-based alternatives to yogurt: choose from Alpro Simply Plain or Plain with Coconut or Almond, vanilla or fruit flavours – with and without fruit bits	125g pot	2.5
	for small children - ¾ pot 100g	2
Calcium-fortified fruit juice	150ml (diluted with water)	2.5
	for small children - 50ml (diluted with water)	1
Pilchards with bones	1 pilchard / 55g	2
Plain scone	1 standard scone	1.5
Sesame seeds	1 tbsp	1.5
Vegetables: okra, stir fried	about 8 fingers / 40g	1.5
Canned sardines in tomato sauce with bones	2 sardines / 25g	1.5
Bread: white, half & half breads	1 medium slice	1
Vegetables: curly kale	2-3 tbsps / 40g	1
Almonds*	20 almonds / 24g	1
	for small children - 10 almonds / 12g	0.5
Tahini paste	2 tsps	0.5
Almond butter*	1 tbsp	0.5

* Nuts: some children may need to avoid nuts, therefore, consult your health professional before introducing nuts to the diet.

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5. Shopping & understanding food labels

Food manufacturers and supermarkets have responded well to the increasing demand for dairy-free products and information. You will be spoilt for choice with the variety of great tasting options now available.

- Making a shopping list is always a good idea, both for spending less as well as getting to know your child's dairy-free options. Check your list against our dairy-free swaps (on page 16).
- Many food manufacturers and supermarkets also provide milk-free and dairy-free information – check their websites or pick up information in-store.
- Take our ingredients checker with you (on page 11).
- Find out what is available at your local store/s:
 - Most supermarkets now provide 'free from' lists as well as other helpful information in-store and on-line.
 - Most major supermarkets have dedicated 'free from' and 'special diet' aisles. Get to know which dairy-free options they offer.
- Vegan products are dairy and lactose-free.
- When buying food and drink it is important to check it does not contain milk; this means reading the ingredients list on packaged foods and asking the retailer about foods sold loose.
 - Remember recipes and ingredients can change.

Packaged foods

- Under European Union food labelling law, the presence, however small, of milk, along with 13 other major allergens, in a packaged food must now be emphasised within the ingredients list (usually highlighted or bold).
 - The labelling rules now prohibit the use of 'contains xx' allergen statements – so always check the ingredients list.
- If a product is lactose-free, it is not automatically milk-free. Always check the ingredients list to be sure.



Foods sold loose

- Information about the presence of milk (and any of the other 13 major allergens) must be available from food retailers about foods sold loose (e.g. from a bakery, delicatessen butcher or café) and foods packed for direct sale (e.g. sandwich bars, market stalls).
- Most major supermarkets produce 'free from' product lists with information about products they sell that are 'free from' particular foods or ingredients e.g. milk. These can be helpful, reduce time spent in the supermarket and give you more ideas about safe foods.

Most supermarkets and health-food shops sell a variety of plant-based, dairy-free, fresh and long life products. These may be sold in the chiller cabinets e.g. in the yogurt and milk aisles, and the long life products may be located in the 'free from' aisle.

Remember many everyday products do not contain milk and can successfully be used to replace those that do contain milk e.g. cheaper sweet biscuits are often milk-free.

When eating outside the EU

Be aware when eating away from home outside the EU, the labelling laws are different, which means that products containing milk / lactose as an ingredient may not be labelled as milk. So check the ingredients list carefully and look about for any of the following;

Checking the ingredients list

Obvious milk and dairy ingredients

All cheese: cream cheese, hard cheese, cottage cheese, blue cheese etc.
All other animal milks e.g. goat's, sheep's or ewe's milk
Evaporated milk
Butter / ghee
Butter oil
Buttermilk
Cheese flavour / powder
Condensed milk
Cow's milk: fresh or UHT – whole, semi-skimmed, skimmed or 1% fat
Cream: all types except coconut cream
Fromage frais
Ice-cream
Milk powder: skimmed and full cream
Milk protein
Milk solids / dry milk solids
Yogurt

Not so obvious milk and dairy ingredients

Artificial creams
Casein
Caseinate: ammonium, calcium, magnesium, potassium, sodium
Curds
Hydrolysed casein
Hydrolysed milk proteins
Hydrolysed whey or whey protein
Lactoalbumin or lactoalbumin phosphate
Lactoglobulin
Lactoferrin
Lactose
Margarine (unless 'dairy-free' stated)
Milk derivatives
Milk sugar
Modified milk
Non-fat milk solids
Opta – fat replacer
Rennet
Whey: powder, protein, concentrate, solids
Whey syrup sweetener

6. Offering a wide variety of meals and snacks

Below are some meals and snack ideas to offer your child a varied and tasty diet that provides all the nutrients they need.

Remember: Always check the ingredients list to ensure that products are milk and dairy-free.

Breakfast ideas

- Porridge oats made with Alpro Soya +1, or other calcium-fortified plant-based drinks e.g. soya, rice**, almond*, hazelnut*, coconut or oat drinks.
- Calcium-fortified breakfast cereal topped with Alpro Soya +1 or other calcium-fortified plant-based drinks topped with fresh fruit e.g. chopped banana and strawberries or blueberries.
- Half and half type bread, toasted and spread with dairy-free margarine and jam and / or almond butter*.
- Dairy-free scrambled egg made with Alpro soya alternative to milk or a boiled egg with half and half type bread, toasted and spread with dairy-free margarine.

Light meal ideas

- Sandwich triangles made with dairy-free margarine and your child's favourite filling e.g. tuna and sweetcorn, ham, chicken, turkey, dairy-free cheese or egg.
- Hummus (see recipe page 14) served with pitta strips and vegetables sticks e.g. cucumber, sweet pepper, chopped tomatoes.
- Boiled egg served with soldiers and steamed vegetable sticks.
- Baked beans on toast with dairy-free cheese grated on top.
- Omelette with vegetables, ham and dairy-free cheese served with cucumber and carrot batons.
- Homemade soup with vegetables and lentils, meat or poultry.
- Homemade pancakes made using Alpro Soya +1 or other calcium-fortified plant-based drinks: soya, almond*, rice**, oat or coconut and topped with soft fresh fruits.
- Wholewheat wrap with filling e.g. hummus (see recipe page 14) or dairy-free cream cheese spread and vegetables.



Main meal ideas

- Pasta with a tomato, meat or fish-based sauce and vegetables.
- Homemade curry: meat, poultry, fish, lentils or vegetable, made with Alpro Coconut Cuisine for cooking and served with rice.
- Spaghetti Bolognese with vegetables.
- Roast meat, mashed or roast potatoes and Yorkshire pudding (made with dairy-free margarine and soya alternative to milk), vegetables.
- Cod & Leek pie (see recipe page 14) served with cooked vegetables.
- Homemade dairy-free macaroni cheese using soya alternative to milk and dairy-free margarine and dairy-free cheese.
- Dahl with mixed vegetables served with chapatti, rice or pitta bread.
- Homemade pizza using a pizza base and topping with tomato sauce, grated dairy-free hard cheese, vegetables and cooked chicken or ham.
- Cottage pie (using Alpro mash see recipe page 14) served with peas.
- Jacket potato filled with baked beans or tuna and sweetcorn.
- Rice with steamed fish e.g. salmon, cod, sea bass and vegetables.
- Toad in the Hole (see recipe page 15) served with sweet potato wedges, peas and sweet corn.
- Ratatouille with crusty bread, spread with dairy-free margarine.

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Snack ideas

- Chopped fresh fruit.
- Chopped fresh fruit served with Alpro Simply Plain, Plain with Almond or Plain with Coconut alternative to yogurts.
- Raw or lightly steamed vegetable sticks e.g. cucumber sticks, peppers, carrot, green beans.
- Bread sticks, rice cakes or wholegrain crackers with hummus (see recipe page 14), dairy-free cheese or mashed avocado.
- Homemade muffins served with fresh fruit (using dairy-free margarine and a plant-based alternative to milk).
- Fruit smoothie made with Alpro Soya +1 or other calcium-fortified plant-based drinks e.g. soya, almond*, rice**, coconut or oat drinks.

Dessert ideas

- Alpro soya alternatives to yogurt: choose from vanilla smooth, fruit flavours smooth or fruit flavours with bits.
- Alpro Simply Plain alternative to yogurt with added fruit or honey.
- Bread and no butter pudding made with dairy-free margarine and calcium-fortified soya alternative to milk or almond*, rice**, coconut or oat drinks.
- Frozen blended fruit served with an Alpro soya alternative to fruit yogurt.
- Banana bread made with dairy-free margarine.
- Fruit jelly made with fruit pieces.
- Fruit crumble (made with dairy-free margarine) served with Alpro Vanilla Custard.
- Hazelnut rice pudding (see recipe page 15) served with soft fruit e.g. tinned fruit cocktail, banana or berries.
- Fruit salad topped with Alpro soya alternative to single cream.
- Alpro dessert: choose from chocolate, caramel or vanilla, served with berries and a sprinkle of nuts*.

7. Recipes

Creamy hummus with an almond twist Serves 3-4



Ingredients:

- 6 tbsp Alpro Plain with Almond alternative to yogurt
- 3 tbsp lemon juice
- 1 garlic clove (crushed)
- 2 tbsp tahini
- 3 tbsp extra virgin olive oil (plus a little extra for drizzling)
- 400g chickpeas (drained)
- 1 handful flat leaf parsley (chopped)
- 1 tbsp almonds (toasted and flaked)
- Pinch of salt and pepper
- Pinch of paprika

Method:

1. Drain the chickpeas and rinse under cold water.
2. Add the chickpeas to a food processor along with the Alpro Plain with Almond, lemon juice, garlic and tahini.
3. Turn the food processor on and slowly pour in the extra virgin olive oil. Process until smooth and season to taste.
4. Sprinkle over the toasted almonds, paprika and flat leaf parsley. Finish with a swirl of extra virgin olive oil.

Cod and leek pie with Alpro soya mash Serves 4



Ingredients:

- Approx. 500g skinless and boneless chunky Cod fillet, cut into large chunks
- 2 medium leeks, finely shredded
- 1 tbsp light and mild olive oil
- 225g baby spinach leaves
- Ground black pepper
- 250g Alpro Soya Single alternative to cream

Alpro mash:

- 4-5 large floury potatoes (King Edwards or Maris Piper are great), peeled
- 4 tbsp Alpro Soya Single alternative to cream
- 1 dessert spoon dairy-free margarine
- Ground black pepper
- Generous pinch of fresh grated nutmeg

Method:

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Place prepared cod into a medium size ovenproof dish.
3. Over a gentle heat, gently sweat the shredded leek with the olive oil for 10 minutes to soften without browning. Add the spinach to the pan and cook for 1-2 minutes until the spinach just wilts. Season well.
4. Put half the mixture around the fish. Liquidise the remainder with the Alpro Soya Single to make a creamy sauce. Pour around the fish.
5. Prepare the mash. Cut potato into even sized pieces and boil until tender. Drain and add remaining ingredients. Mash until smooth. Spoon over the prepared fish and spread out with a flat edged knife.
6. Place the dish on a baking sheet and cook for 25 minutes, until the potato is golden and the sauce is bubbling around the edge of the dish.

Toad in the hole Serves 2



Ingredients:

4 to 6 pork sausages	1 egg
125 ml Alpro Simply	80g flour
Mild alternative to milk	Vegetable oil
	Salt and pepper

Method:

1. Preheat the oven to 200°C / 400°F / Gas Mark 6.
2. Put the sausages in a suitable baking dish and place in a preheated oven for 10 minutes.
3. Prepare the batter by whisking together the flour and egg then gradually whisk in the Alpro Simply Mild and season.
4. When your sausages have been in the oven for 10 minutes and just starting to take on colour, pour in your batter and put back in the oven for 20 -25 minutes.
5. Serve with onion gravy, sweet potato wedges, peas and carrots.

Hazelnut rice pudding Serves 4



Ingredients:

850ml Alpro Hazelnut drink
140g short grain pudding rice
100g golden caster sugar
2 eggs
Freshly grated nutmeg to serve

Method:

1. First, add the rice and Alpro Hazelnut drink to a pan and place over a low to medium heat. Bring to the boil then reduce the temperature and allow to simmer for around 20-25 minutes, until the rice is cooked through.
2. Lightly whisk the sugar and the eggs in a bowl. Add in a spoonful of the cooked rice and stir vigorously until fully combined.
3. Add the rice mixture back to the pan and place over a very low heat. Continue gently heating for a further 10 minutes until the mixture thickens (it is important to make sure the rice pudding does not boil, as this can curdle the mixture).
4. Grate some fresh nutmeg onto the rice pudding mix to taste and serve.
5. Top off the dish with some fruit of your child's choice such as bananas, tinned mixed fruit cocktail (in juice) or some berries.

For more great dairy and lactose-free recipe ideas visit www.alpro.com/uk/lactose-dairy-free

8. Suitable alternatives to milk and dairy swaps

This table helps to give you more of an idea of foods that need to be avoided and dairy swaps to use instead.

Remember: Always check the ingredients list to ensure that products are milk and dairy-free.

Milk and dairy to avoid	Milk and dairy-free options
Milk	
<p>Animal milks including cow's, sheep's, goat's, buffalo</p> <p>All varieties: fresh, long-life, condensed, dried, evaporated, buttermilk etc.</p>	<ul style="list-style-type: none"> • Alpro Soya +1, other soya alternatives to milk, almond*, coconut, oat or rice** drinks • Other plant-based calcium-enriched milk alternatives: cashew, spelt
Other Dairy Products	
<p>Dairy yogurts</p>	<ul style="list-style-type: none"> • Alpro soya alternatives to yogurt: Simply Plain, Plain with Almond, Plain with Coconut, Vanilla or fruit flavoured
<p>All creams: single, double, soured, whipping, crème fraiche, fromage frais</p>	<ul style="list-style-type: none"> • Alpro Soya alternative to single cream • Oat or rice-based alternatives to single cream • Alpro Simply Plain alternative to yogurt in place of sour cream or crème fraiche
<p>Cheese: made from any animal milk e.g. cows', buffalo (mozzarella), and goats' All varieties: vegetarian, low fat etc.</p>	<ul style="list-style-type: none"> • Soya, coconut, pea, rice** or almond*-based cheese • There are cream, soft, melting and hard cheese varieties
Fats & Oils	
<p>Butter, margarines, ghee, shortening, low fat spread</p>	<ul style="list-style-type: none"> • Pure vegetable margarines, spreads and oils – check the ingredients list
Breads, Cereals Potatoes & Other Starchy Foods	
<p>Breads: most sweetened, flavoured breads e.g. croissants, brioche, fruit loaf</p>	<ul style="list-style-type: none"> • Most plain breads and rolls: white and wholemeal, wraps, bagels, pitta, chapatti
<p>Breakfast cereals: some mueslis, chocolate / yogurt covered varieties</p>	<ul style="list-style-type: none"> • Most plain breakfast cereals without coating or additional flavours served with milk alternative drink • Porridge, fortified porridge

Milk and dairy to avoid

Milk and dairy-free options

Breads, Cereals Potatoes & Other Starchy Foods

Flavoured rice and other grains and **fresh, flavoured and filled pasta**

- All types of plain rice and grains: couscous, barley, buckwheat, cracked wheat, bulgur wheat, cornmeal, polenta, quinoa, millet, most plain dried pasta

Prepared potato dishes and some **dried instant potatoes**

- Potatoes, yams, plantains, sweet potatoes – cooked in water, oil, and goose fat and, or dairy-free alternatives to milk

Meat, Poultry, Fish & Vegetarian Alternatives

Preprepared with **milk, cheese** sauces

Breaded, battered varieties of meat, fish, poultry and vegetables

Meat pastes, pâtés

Processed meats

e.g. **bacon, pies and pasties**

Most **frankfurters** and **some sausages**

- Quorn
- Fresh, frozen, canned plain meats, poultry and fish
- Some sausages
- Most fish fingers
- Tofu

Fruit & Vegetables

Vegetable pies, fruit pies, fruit crumbles

Vegetables in white, cheese sauce

Coleslaw

- Plain fresh, frozen fruits and vegetables
- Most tinned and dried fruits and vegetables
- Most fruit juices

Biscuits – Sweet & Savoury

Some **crackers** and **crispbreads**

Most **sweet biscuits**

- Plain, sweet biscuits – check the ingredients list
- Ryvita, water biscuits, plain crackers, crisp-breads, rice cakes and oatcakes

Cakes, Desserts, Ice-Creams & Custards

Most **ready-made cakes** and **desserts**

Dairy ice cream and **ready-made custard**

Crumbles

Cheesecakes

- Alpro desserts, Alpro Vanilla Custard and alternatives to yogurt
- Homemade desserts and custard using plant-based alternatives to milk and dairy-free custard powder
- Jellies and plain meringues, sorbets, ice-lollies
- Dairy-free ice creams e.g. soya, coconut or rice**^{*}-based
- Cakes and icings made with pure vegetable oil or dairy-free margarines and plant-based alternatives to milk

* Nuts: some children may need to avoid nuts, therefore consult your health professional before introducing nuts to the diet

** Rice milk is not recommended in children under 4½ years

8. Suitable alternatives to milk and dairy swaps (continued)

Milk and dairy to avoid	Milk and dairy-free options
Drinks & Juices	
<p>Milk and malt-based drinks e.g. Horlicks, drinking chocolate, and milkshakes</p> <p>Dairy based pro- and pre-biotic drinks</p>	<ul style="list-style-type: none"> • Pure fruit and vegetable juices, pure fruit smoothies • Carbonated drinks, cordials, flavoured waters • Alpro soya shakes and plant-based alternatives to chocolate milk • Dairy-free pro- and pre-biotic drinks
Sweets, Chocolates & Other Snacks	
<p>All white, milk and fancy chocolates</p> <p>Some dark, plain chocolates - depends on brand</p> <p>Toffee, fudge, caramel</p> <p>Toffee, buttered, flavoured popcorn</p> <p>Chocolate rice cakes</p> <p>Some baby, children's snack bars</p> <p>Cheese flavoured corn puffs</p> <p>Guacamole</p>	<ul style="list-style-type: none"> • Most plain boiled sweets, pastilles and jellies • Marshmallows • Plain or salted popcorn • Most plain crisps and some flavoured crisps • Most pretzels and breadsticks • Hummus and salsas, dairy-free guacamole • Plain, many flavoured rice cakes • Corn cakes, most corn puffs snacks • Dairy-free soya, rice** or carob-based chocolates (but beware of milk traces – check the ingredients list)
Spreads	
<p>Chocolate based spreads</p>	<ul style="list-style-type: none"> • Peanut and other nut butters* • Jam, marmalade, honey • Bovril, Marmite
Sugars & Sweeteners	
<p>Sugar substitutes, sweeteners containing lactose</p>	<ul style="list-style-type: none"> • All sugars, glucose syrup, honey, syrups, treacle
Cooking Ingredients	
<p>Cake mixes</p> <p>Some pastries</p> <p>Cooking chocolate</p> <p>Some herb and spice combination packs</p> <p>Some ready-made sauces and marinades</p>	<ul style="list-style-type: none"> • Flours, baking powder, bicarbonate of soda, cream of tartar • Yeast: fresh, dried and sourdough • Salt and pepper • Individual herbs and spices • Colourings and sweet flavourings, essence e.g. vanilla, almond

* Nuts: some children may need to avoid nuts, therefore consult your health professional before introducing nuts to the diet

** Rice milk is not recommended in children under 4½ years

9. Eating out & children's parties

Eating out:

- **Be prepared:** take a snack or meal with you when eating out, just in case there is nothing suitable on the menu that your child can safely eat.
- Many eateries now cater for those wishing to follow a dairy-free diet and some chefs are fully aware of how a recipe can be adapted. It is best to discuss your needs with the chef rather than the waiting staff who may not be fully aware of the ingredients used in different dishes.
- Some restaurants highlight dairy-free or vegan options on the menu.
- Inform the restaurant staff that your child is following a dairy-free diet and ask if any dishes can be adapted.
- For a special occasion, call the restaurant up in advance and discuss suitable dairy-free options – you will feel much more relaxed and able to enjoy the experience.
- Get chatty with your local restaurant or eateries you most often frequent – most restaurants will be more than happy to accommodate.

We have more tips on choosing dairy-free options when eating out at www.alpro.com/uk/lactose/tips

Children's parties

It can be difficult to avoid milk and dairy at children's parties. Preparation is the key, providing dairy-free food might not be a consideration for the host parents, it is therefore necessary to be prepared and think ahead.

- It is always best to inform the host parents beforehand of your child's requirements and discuss the menu and assess whether some of the dishes can be easily adapted to be dairy-free.
- Offer to contribute to the cooking.
- Check that the host parents are happy for you to take something similar but milk-free along for your child to eat.
- It can also be helpful to take along suitable mini snacks/sweets in case those provided in the party games and the party bag are not dairy-free.

Explain to your child beforehand that they will not be able to eat all the same food as the other children but they will have their own tasty treats to eat instead.





Useful websites

For more helpful information on managing food allergies and intolerance in children, please see websites listed below:

www.alpro.com/uk/lactose/tips

www.bda.uk.com

www.allergyuk.org

www.anaphylaxis.org.uk

www.nhs.uk/conditions/food-allergy

www.food.gov.uk/sites/default/files/multimedia/pdfs/publication/allergy-leaflet.pdf